

August 2021 Activities

VA



U.S. Department
of Veterans Affairs
Midwest Health
Care Network
Central Iowa
Health Care System



**DISCOVER
WHAT MATTERS
TO YOU.**
Live Whole Health.



va.gov/wholehealth

Weekly

Mondays

Music Therapy Jam Session: 5:30pm (Vet Center) Secure Message to CI-Recreation Therapy

Tuesdays

Trauma Yoga: 9:00am (Bldg 7m Rm 101) Reconnecting with your breath and body through yoga philosophies. Contact Claire Lamb x23959

VVC Yoga: 2:30pm (Video Connect) Beginning level yoga done on mat or chair— Contact Megan Trimble x24039 or via MHV Secure messaging CI-Recreation Therapy

Walking Club: 8:00am (Meet at Terra Park by the playground) Tuesdays August 16, 24, and 31!

Wednesdays

Tai Chi: 3:00pm (Gray's Lake) No prior experience needed. Contact Josh Mulder 515-809-8996 or Joni Osmundson 515-528-6628 or MHV Secure message to CI-Whole Health. Located north side of Gray's Lake to the east of the beach area. Bring lawn chair.

Virtual Yoga for Caregivers: Each Wednesday 2:00pm (Virtual-Webex) 515-718-5109 or email stephanie.day4@va.gov

Chair and Mat Yoga: 4:00pm (Bldg 7m Room 101) Beginner level yoga class done on mat or chair for all abilities. Contact Klay Queck 515-214-4578 or MHV secure message CI-Recreation Therapy

Thursdays

Pickleball Club: 9:30am (Walker Johnston Park in Urbandale) Contact Klay Queck 515-214-4578 Secure Message to CI-Recreation Therapy

Break Free From Tobacco: 10:00 am (Video Connect) Preregister at extension x21540 or via Secure Message to CI-Tobacco Cessation

Mindfulness Group: 12:00pm (Video Connect) No experience necessary—learn and practice mindfulness meditation techniques Contact x21540 or via Secure Message to CI-Health and Prevention

VVC Yoga: 2:30pm (Video Connect) Beginning level yoga done on mat or chair— Contact Megan Trimble x24039 or via MHV Secure messaging CI-Recreation Therapy

Fridays

Break Free from Tobacco: 11:30am (Bldg 7 Rm 101) Kick tobacco with the aide of counseling, pharmacy, acupuncture and Hypnosis. Preregister: Angela Dagnachew x21540 or via Secure Message to CI-Tobacco Cessation

Craft Kit Checkout: 1:30pm (VA Canteen area) Walk— in Secure Message to CI-Recreation Therapy

Other Dates

Pain 101/102: Wed. Aug 4 & 18 1:00pm Jamie Erixon x3985 or MHV Secure Message to CI-Whole health

Pain 103/104: Wed. Aug 25 1:00pm Jamie Erixon x23985 or MHV Secure Message to CI-Whole Health

Team River Runner (TRR): Saturday August 7 10am Dedicated to helping any Veteran experience kayaking, all levels. Adapted equipment available. See the Team River Runner-Des Moines Facebook page.

Caregiver Support Group: Tues. Aug 8 & 24 12pm (Call-in) 1-872-701-0185, Access code 770675970#

Project Healing Waters: Tuesday August 3 and 24: FLY FISHING – Ankeny Pond Secure Message to CI-Recreation Therapy

Mobile Food Pantry: Tues. August 10 11:30am– 1pm (2350 Euclid Ave. Des Moines IA 50310) Please Bring VA ID Card or DD214

Vets Ride to Live Bike Ride: Tuesday August 10th and Friday, August 20th 9:00am Group Bike rides take place at various trails around the metro. All ability levels welcome. Secure Message to CI-Recreation Therapy

Veteran Climbing Night @ Climb Iowa: Wed. August 11th 6:00-9:00pm Admission and harness rental will be provided. Must sign-up prior as limited spots are available. Klay Queck 515-214-4578 or MHV Secure Message to CI-Recreation Therapy

Therapeutic Art Group: Thurs. August 12th 4pm Each month we teach a new technique in a laid back, group environment. Secure Message to CI-Recreation Therapy

Rowing: Wed. August 18 5:00pm (Gray's Lake) Try out rowing with other Veterans. Adaptive equipment available. Secure Message to CI-Recreation Therapy

Healthy Teaching Kitchen: Tues. August 24th 2:00pm MHV Secure Message to CI-Ask a Dietitian@

VA SAVE Suicide Prevention Training for Caregivers: Thursday August 26 12:00pm Email sa-rah.greazel@va.gov

Women's Virtual Game Night: Thurs. August 26th 6:00pm (Virtual) x24980 MHV Secure Message to CI-Recreation Therapy

Virtual Yoga for Caregivers: Wed. July 28 2:00pm (Virtual-Webex) 515-718-5109 or email stephanie.day4@va.gov

DAV Thrift Store Back To School: Sun. Aug 22 12-4 pm – Are you a Veteran and feeling stressed about school supplies and clothes for your children? DAV Chapter 20 & Central Iowa teamed up to assist. Must Pre-register - Call your Social Worker or call x4373 or x3743 (Event held at DAV Thrift Store in Des Moines)

VA Central Iowa Health Care System
3600 30th St
Des Moines, IA 50310
515-699-5999

See page 2 for upcoming programs & activities

Upcoming Events and Programs

VA CALM - Mindfulness: 6 session group. Learn to surf life's waves. Fundamentals of mindfulness meditation class. Contact Angela x21540 CI-Whole Health

Horses Helping Heroes Equine Assisted Therapy: **Wed. Sept. 15 – Oct. 13** 5:30pm, Must commit to a 5 week program. Contact Megan Trimble x24039 or MHV Secure Message to CI-Recreation Therapy

GIVE Golf Program: Whether you've golfed before or not, join other veterans to learn the various aspects for the sport, taught by PGA instructors. Clubs provided. (Next session Aug 27th) www.giveforveterans.com
Secure Message to CI-Recreation Therapy

Art Display: Veterans can apply to have an original art or creative writing piece on display at the east entrance of the VA. Secure Message to CI-Recreation Therapy

Team River Runner (TRR): Dedicated to helping any Veteran experience kayaking, all levels. Adapted equipment available. See the Team River Runner-Des Moines Facebook page. (starts July 17 @10am)

Strength at Home: 12-week group for Veterans struggling with anger, aggression and conflict in intimate relationships. Contact Brandi Austin x24469

Des Moines Art Center – Veteran Workshops: Coming Fall 2021! Secure message CI-Recreation Therapy

Preventing the Flu Begins with YOU!



get vaccinated
today!



The best way to prevent seasonal flu is to get vaccinated every year. August's [National Center for Health Promotion and Disease Prevention](#) monthly topic is **Get Recommended Immunizations: "Preventing the Flu Begins with You!"**

Due to the challenges of COVID-19, it is more important than ever for our patients and employees to get a flu shot in the coming months. **Flu vaccine should be available after September 15th in most VHA facilities.** It is also important to ensure completion of COVID-19 vaccinations According to The Centers for Disease Control and Prevention (CDC), these vaccines may be given at the same visit.

  **Veterans
Crisis Line**
1-800-273-8255 PRESS 1

Be prepared. Share the number.

